

Lifeguard Challenge

Course Outline

PRE-REQUISITE SKILLS

Skill	Objective(s) and/or Physical Skills	Time (minutes)
Introduction	<ul style="list-style-type: none"> Provide Overview of Pre-Requisite Requirements Verify Participant Identity 	5
Performance of Pre-Requisite Skills	<ul style="list-style-type: none"> Evaluate the skills of each participant 	35
Total Time (minutes)		40

RESPOND

Chapter 10 – Water Emergencies

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Assists	Demonstration and Practice of: <ul style="list-style-type: none"> Tossing Assist Reaching Assist 	5
Water Entries & Approaches	Demonstration and Practice of: <ul style="list-style-type: none"> Feet-First Dive Head-First Dive Compact Jump Stride Jump Slip In Front Crawl with Head Out of Water & Eyes on Victim(s) Breaststroke or Walk to a Victim of Suspected Spinal Trauma 	10
Water Rescues & Escapes	Demonstration and Practice of: <ul style="list-style-type: none"> Front Escape Rear Escape Active Victim Rear Rescue Active Victim Front Rescue Passive Victim Rear Rescue Passive Victim Front Rescue Multiple Victim Rescue Submerged Victim Rescue 	40
Extraction from Water	Demonstration and Practice of: <ul style="list-style-type: none"> Walking assist from zero depth Quick extraction of active or passive victim using backboard 	10

	<ul style="list-style-type: none"> Extraction of Spinal Trauma victim on a backboard 	
Total Time (minutes)		65

Chapter II – Spinal Trauma

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Signs & Symptoms	<ul style="list-style-type: none"> Identify the signs & symptoms of possible spinal trauma 	5
Stabilization of Suspected Spinal Trauma	<ul style="list-style-type: none"> Explain why, when, and how one uses spinal stabilization techniques both in and out of the water. Explain the need for aquatic facilities to consult local medical direction on best practices in caring for an in-water spinal trauma victim. Demonstration and Practice of: <ul style="list-style-type: none"> Head-Chin-Chest Grip Arm Splints Seated Stable Carry Backboarding Using a C-Collar 	60
Total Time (minutes)		65

Chapter I2 – First Aid

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
See ASHI (an HSI company) First Aid Course Outline	SEE ASHI FIRST AID MANUAL	90-120

Chapter I3 – Basic Life Support (BLS)

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
See ASHI (an HSI company) BLS Course Outline	SEE ASHI BLS MANUAL	90-120

FINAL WRITTEN EXAM

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Final Written Exam		45
Total Time (minutes)		45

FINAL PHYSICAL SKILLS EVALUATION

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Final Evaluation of Physical Skills		45
Total Time (minutes)		45

TOTAL LIFEGUARD CHALLENGE CURRICULUM COURSE TIME:
4 Hours, 35 Minutes

TOTAL ASHI BLS/FIRST AID COURSE TIME:
3 HOURS, 0 MINUTES – 4 HOURS, 0 MINUTES

TOTAL COURSE TIME (WASH LIFEGUARDING CHALLENGE & ASHI BLS/FIRST AID):
7 HOURS, 35 MINUTES – 8 HOURS, 35 MINUTES

IMPORTANT NOTES:

Time for each Lesson includes delivery of Content Knowledge as well as Demonstration & Practicing of Physical Skills

Chapter I6 – Waterfront Module (optional add-on)

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Special Considerations	<ul style="list-style-type: none">• Identify special and unique features when guarding open water.• Explain best practices for dealing with the special features of open water environments.	20
Submerged Victims	<ul style="list-style-type: none">• Explain how to mark a victim's last known position in an open water environment.• Detail the procedures (shallow and deep water) to conduct a line search to locate a submerged victim when bottom cannot be seen.	20
Equipment	<ul style="list-style-type: none">• Identify special equipment used to lifeguard in an open water environment.• Demonstrate effective use of rescue equipment and technique(s).	20
Total Time (minutes)		60